

Medi-Cal Choices

For People with Disabilities and Seniors In Alameda County

This guidebook can help you decide which kind of Medi-Cal is best for you.

If you live in Alameda County and are a person with a disability or a senior, you can choose to be in Regular Medi-Cal, Alameda Alliance for Health, or Blue Cross of California*.

Alameda Alliance for Health and Blue Cross of California are Medi-Cal Health Plans. If you join one of these Plans, you still have Medi-Cal.

To learn more about your choices, call

Alameda Alliance for Health: 1-877-371-2222

Blue Cross of California: 1-800-227-3238

To learn more about both Plans, call

Health Care Options: 1-800-430-4263

Regular Medi-Cal: There is no phone number to call.

Please look inside for more useful phone numbers.



Your Medi-Cal Choices in Alameda County:

- Use this chart to compare your Medi-Cal choices.
- If you want to join Alameda Alliance for Health or Blue Cross of California*, call **Health Care Options** at **1-800-430-4263** and ask for an enrollment packet.
- If you want to stay in Regular Medi-Cal, do not do anything.

	Medi-Cal Health Plans		Regular Medi-Cal (No phone number) www.medi-cal.ca.gov	See page:
	Alameda Alliance for Health 1-877-371-2222 www.alamedaalliance.org	Blue Cross of California 1-800-227-3238 www.bluecrossca.org		
Basic Services				
Basic Medi-Cal Benefits	Same	Same	Same	p. 6
24-Hour Advice Nurse	No	Yes	No	p. 12
Customer Service Phone Hours	8 am–6 pm	7 am–Midnight	None	p. 33
Interpreter Services	Yes	Yes	Call your doctor or clinic.	p. 28
To Get a List of Preferred Drugs	1-877-371-2222	1-800-227-3238	Ask your doctor or pharmacist.	p. 14
Costs to You				
Cost for Doctor Visits	\$0	\$0	\$0	p. 8
Cost for Drugs	\$0	\$0	\$0–\$1	p. 8

Kaiser Medi-Cal Health Plan is available to a limited number of people with Medi-Cal. To be eligible, you must have had coverage through Kaiser in the last 6 months, must have it currently, or you must have an immediate family member currently enrolled in Kaiser. To get Kaiser, you must first enroll in Alameda Alliance for Health.

Hospitals you can go to for medical care in Alameda County are below.

You will usually go to the hospitals that your doctor works with.

For hospitals where you can go for mental health care, call 1-800-491-9099.

Alameda Alliance for Health	Blue Cross of California	Regular Medi-Cal
<ul style="list-style-type: none">• Alameda County Medical Center, Highland Hospital• Alameda Hospital• Alta Bates Summit Medical Center–Alta Bates, Herrick, and Summit• Children’s Hospital Oakland• Eden Hospital Medical Center• San Leandro Hospital• St. Rose Hospital• ValleyCare Medical Center• Valley Memorial Hospital• Washington Hospital	<ul style="list-style-type: none">• Alameda County Medical Center, Highland Hospital• Alta Bates Summit Medical Center–Alta Bates, Herrick, and Summit• Children’s Hospital Oakland• Eden Hospital Medical Center• Laurel Grove Hospital• San Leandro Hospital• St. Rose Hospital	<ul style="list-style-type: none">• Alameda County Medical Center, Highland Hospital• Alameda Hospital• Alta Bates Summit Medical Center–Alta Bates, Herrick, and Summit• Children’s Hospital Oakland• Eden Hospital Medical Center• Kindred Hospital• Fremont Hospital• San Leandro Hospital• St. Rose Hospital• ValleyCare Medical Center• Valley Memorial Hospital• Washington Hospital <p>If you have Regular Medi-Cal, you can also go to hospitals and providers outside your county.</p>

Useful Phone Numbers

Denti-Cal

1-800-322-6384

For information about dental care that is covered by Medi-Cal

Alameda County Area Agency on Aging

1-800-510-2020

For information and referrals to many services for people with disabilities and seniors

Alameda County Behavioral Health Care Services

1-800-491-9099

For information about mental health services

Alcohol and Drug Programs

1-800-879-2772

For help with alcohol and drug problems